



YOGA

JOIN OUR COMMUNITY EVENING YOGA!

Discover the joy of gentle yoga practice, calming breathing meditations, and soothing relaxation. Our classes are designed to be accessible to everyone, whether you're a complete beginner or an experienced yogi looking to enjoy the collective energy of group practice.

**Mondays at 6 PM @ Pathways Integrative Health,
140 Dowling St, Dungog**

Contribution: By donation

Starting Monday 8th July

WHY JOIN US?

Inclusive Environment:

Perfect for all levels, from absolute beginners to seasoned practitioners.

Mindful Movement:

Learn the basics of mindful movement and mental stillness in a supportive setting.

Community Spirit:

Connect with like-minded individuals in a friendly and inviting atmosphere.



ABOUT ANNE:

Hi, I'm Anne, I live locally and am a passionate yoga teacher-in-training. As I work towards completing my Diploma of Yoga Teaching in 2024, I'm excited to share the benefits of this ancient practice with you. I've been personally practicing yoga for over 20 years and have a background as a registered nurse.

**Come and be a part of our warm and inclusive yoga community.
We look forward to practicing with you!**